



Veggie Stocks (about the 11:10 min mark)

- Great foods to use for your veggie stocks: onions, carrots, celery, leeks, and even a handful of green lentils
- As Chef Del says, “Everything starts with an onion.” Put the lid on in the beginning, med-low heat. If you need to, you can add a tablespoon of water or two, but you don’t need to.
- Avoid putting too many spices and herbs in your veggie stock - You want to keep it neutral.

Beans - “It’s not the bean. It’s what you do with it.” (about the 16:40 mark)

- If you soak beans overnight, you can add a 1/2 onion stuffed with two whole cloves in the onion, along with a bay leaf, parsley or thyme. The next morning, you can take out the additions you added in.
- Tip for Quick Soak of Beans- Add 3x amount of water as beans, bring to boil for an hour - avoids the overnight soak necessity.

Del’s Top Grains - Brown Basmati Rice, Quinoa, Millet (about the 21:30 mark)

- Cook grains in veggie stock instead of water - adds flavor
- Can do same “onion and clove” tip as in the bean tips above
- Can also toast some spices first before you add to rice
- Grains make great bases for summer salads (farro, barley, etc)

Potatoes (about the 30:00 minute mark)

- Populations have survived and thrived on potatoes
- Always have Russet potatoes in the house
- Potato Leek Soup (30:25 min mark in the episode)

3-4 leeks, rinse, slice, cut off dark green parts and put into pan with some dried thyme and saute with a little water

Add diced potatoes

Can also add corn, red bell pepper and other veggies

Cook in your veggie stock for 20-30 min

Oven Roasted Potatoes (about the 31:20 mark)

You want to parboil your potatoes first - cube or dice them, add enough water to cover, bring to boil and let cook for 2-3 minutes just to start the cooking process

Then, drain the water and put into bowl and rough them up a bit with a fork

Season with onion, garlic, paprika, or your choice of seasoning

Bake at 350 degrees until brown and crispy

Baked Potatoes (about the 32:50 mark)

- Easy way to bake is to poke potato with a fork a few times so that it doesn't explode, throw it on the rack in the oven
- Make your own Baked Potato Bar or get creative with your toppings: black bean chili, broccoli bisque, and corn and red pepper salsa

Cooking Butternut or Acorn Squash (about 35:45 mark)

- Slice in half, take out and keep seeds for future roasting
- Season with sage leaves and cloves of garlic and set those in the scooped out section. Steeping flavor into your squash
- Cook in oven in 1/2 " water, cook for approximately 30-45 min, depending on squash size

Roasting Veggies (about 46:40 mark)

- Since you're cooking oil-free, you'll want to use a light marinade
- Del Tip: Use apple juice as part of marinade because it caramelizes veggies as it cooks down and concentrates

Cheese Substitutes (about 39:13 mark)

- Mock Parmesan

Toasted sesame seeds, cashews, nutritional yeast

Toast them and grind them up for a parmesan cheese-like topping

- Cheese Sauce - no oil

Boiled potatoes are base

2 tablespoons of raw cashews

2 tablespoons of tahini

1/4 cup red bell pepper

3-4 tablespoons nutritional yeast

Pinch of lemon juice

Blend all of the ingredients in hi-speed blender for cheese sauce

Great on potatoes, fajita, queso, mac-n-cheese

- Cauliflower Cream Sauce (43:00 min mark)

1 large head cauliflower cut into florets

Unsweetened plain almond milk, as needed

1 medium yellow onion, peeled and diced small

2 cloves of garlic, peeled and minced

2 teaspoons of minced thyme

1/4 cup finely chopped basil

1/4 cup nutritional yeast (optional)

1/4 teaspoon ground nutmeg

Salt and pepper to taste

Add all ingredients to pot, add water to boil, high-heat, cook for about 10 minutes and drain the excess water

Pizza Crust (about 46:45 mark)

1.5 cups of water

Package of dry yeast

1 tablespoon of sugar to activate yeast

3 cups of whole wheat flour

Teaspoon of salt

Knead for 7-8 minutes

Del's Favorite Oatmeal (about 48:30 mark)

Use your favorite oats (steel cut, old-fashioned)

Cinnamon

pinch of salt

Pour almond milk or fresh fruit over

Not-so-Fat Guacamole (50:55)

To cut back on the fat content of guacamole, you can steam and puree broccoli or edamame in place of some of the avocado.